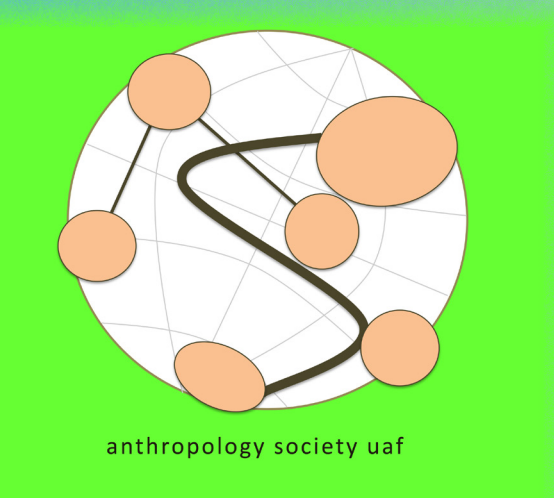
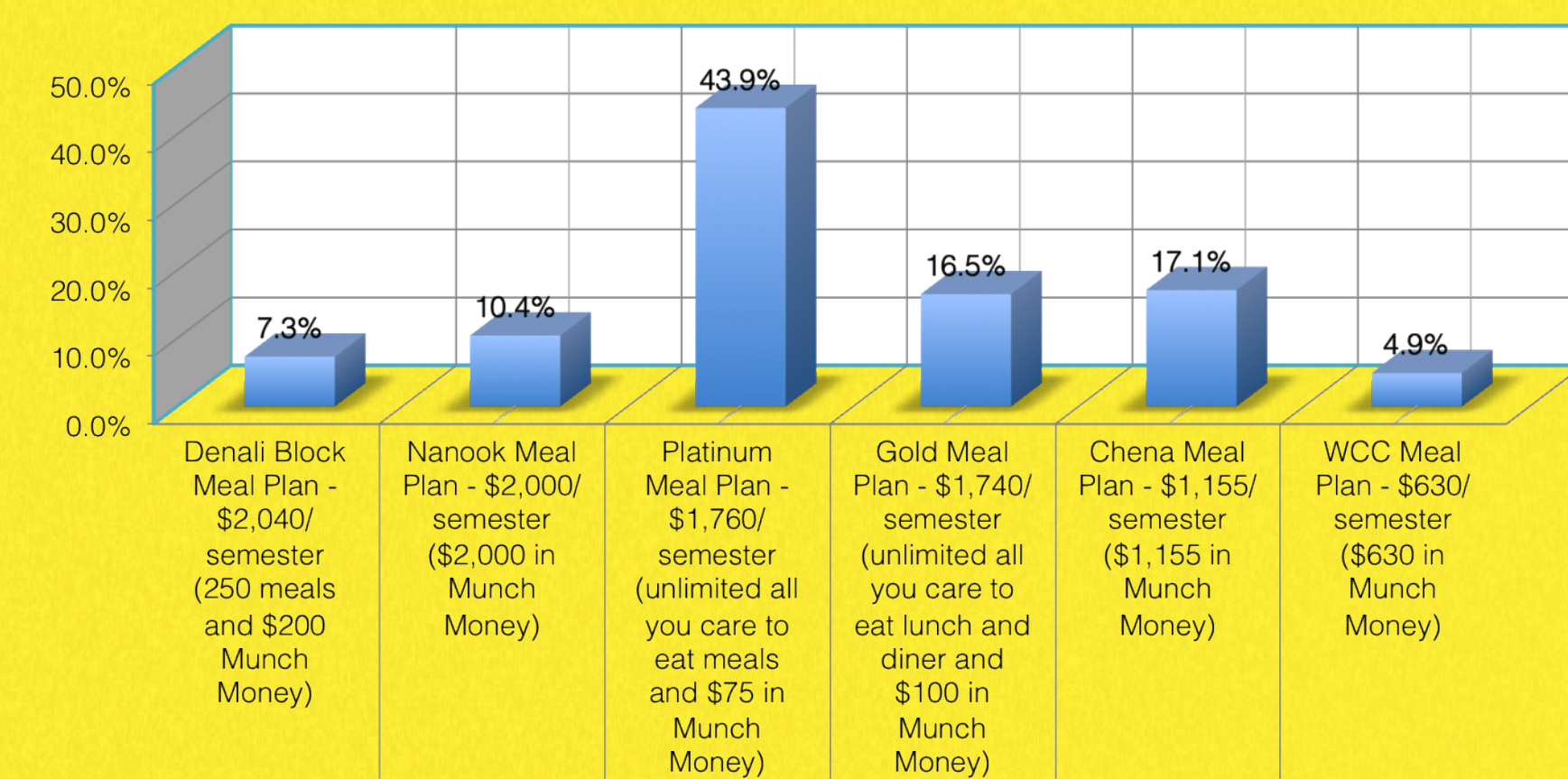


# The Meal Plan Survey

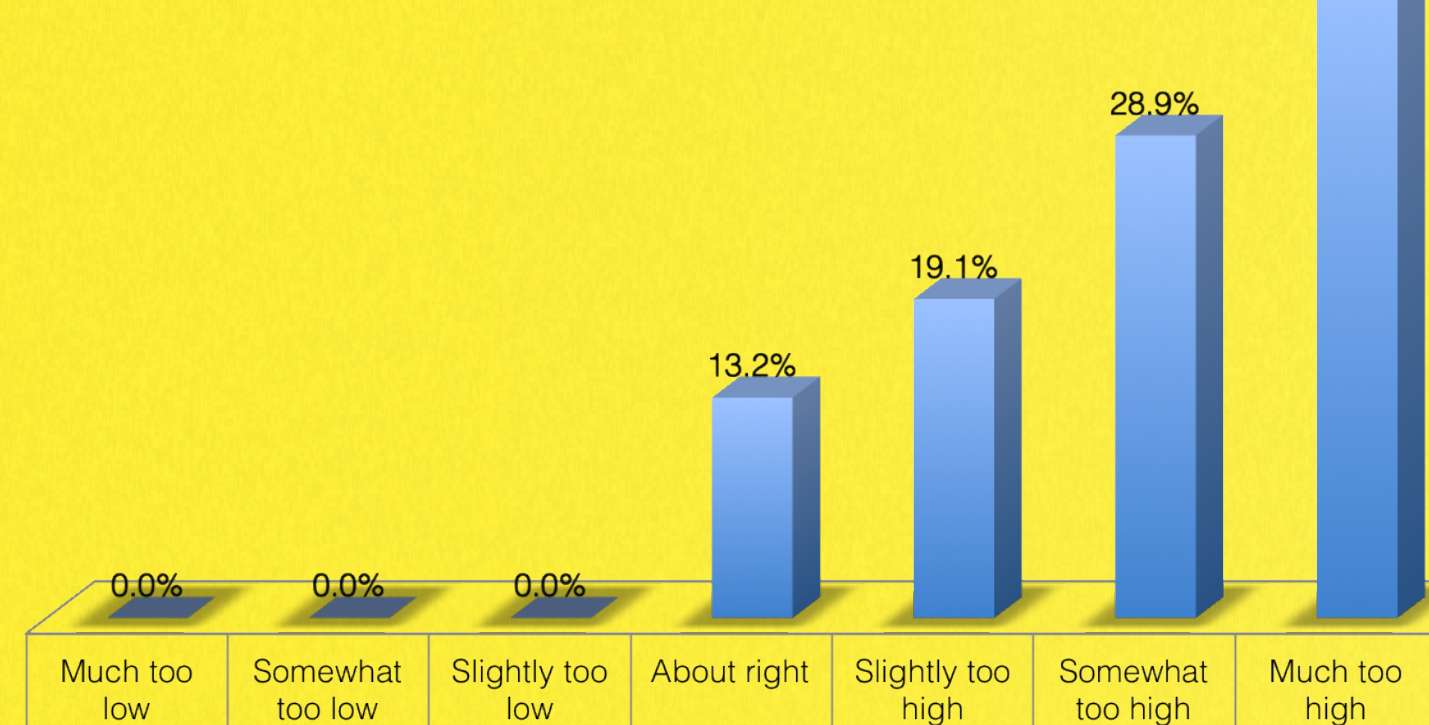
Distributed to students living in UAF residence halls which required the purchase of a meal plan. Results based on 170 responses.



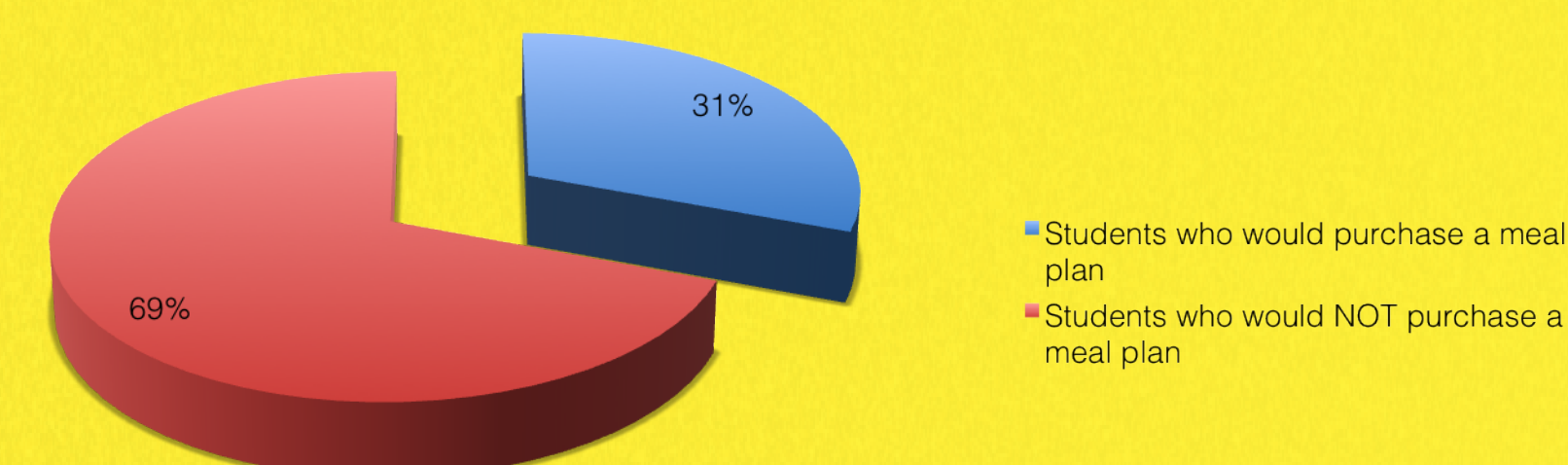
Distribution of Plans Chosen by Respondents Fall 2013



How respondents describe the price of the meal plan they chose:



If respondents were not required to purchase a meal plan:



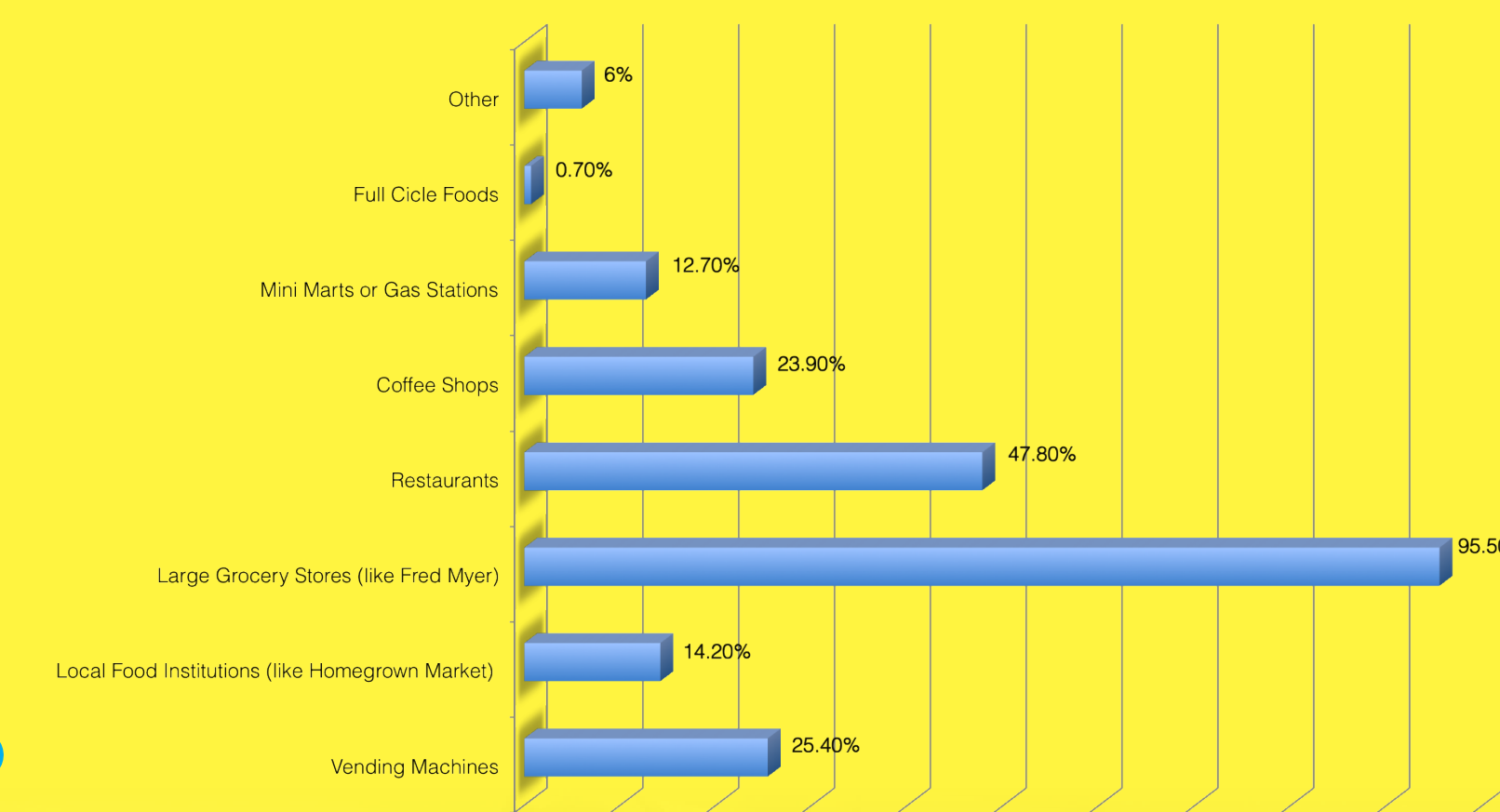
## Student Food Consumption Habits

84.6% of respondents supplement their meal plans with outside purchases.

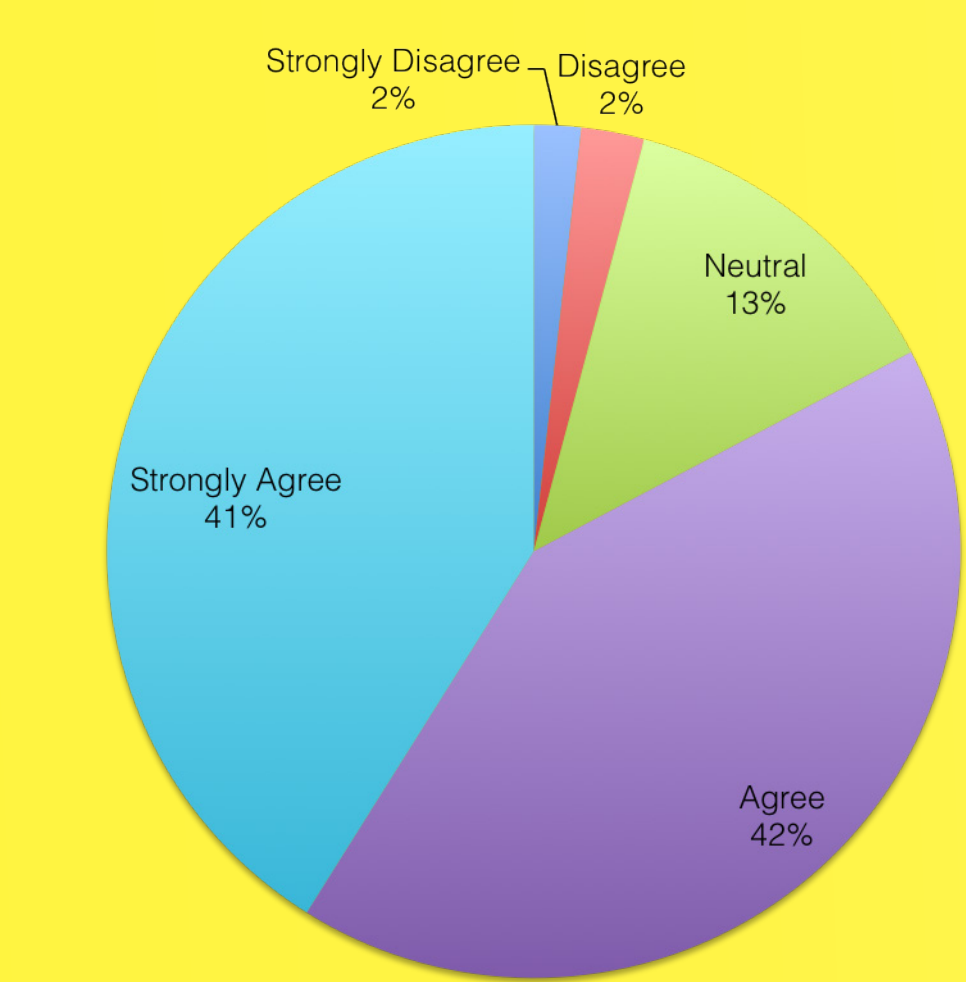
Who much they spend on average per week:



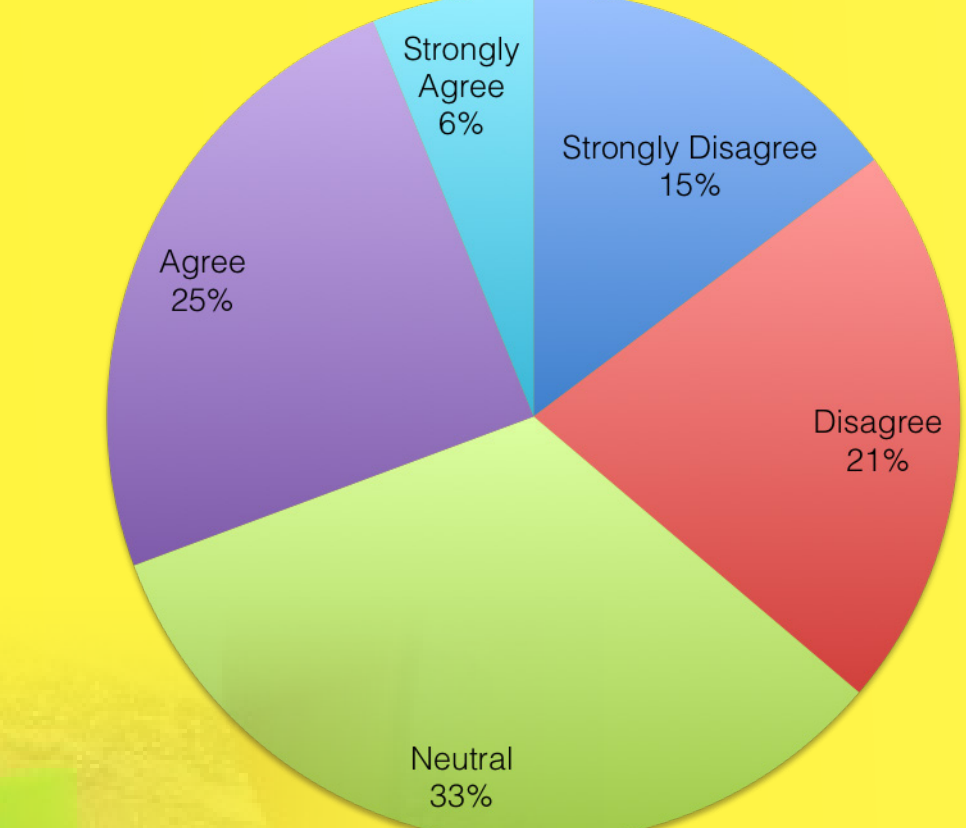
Where they shop:



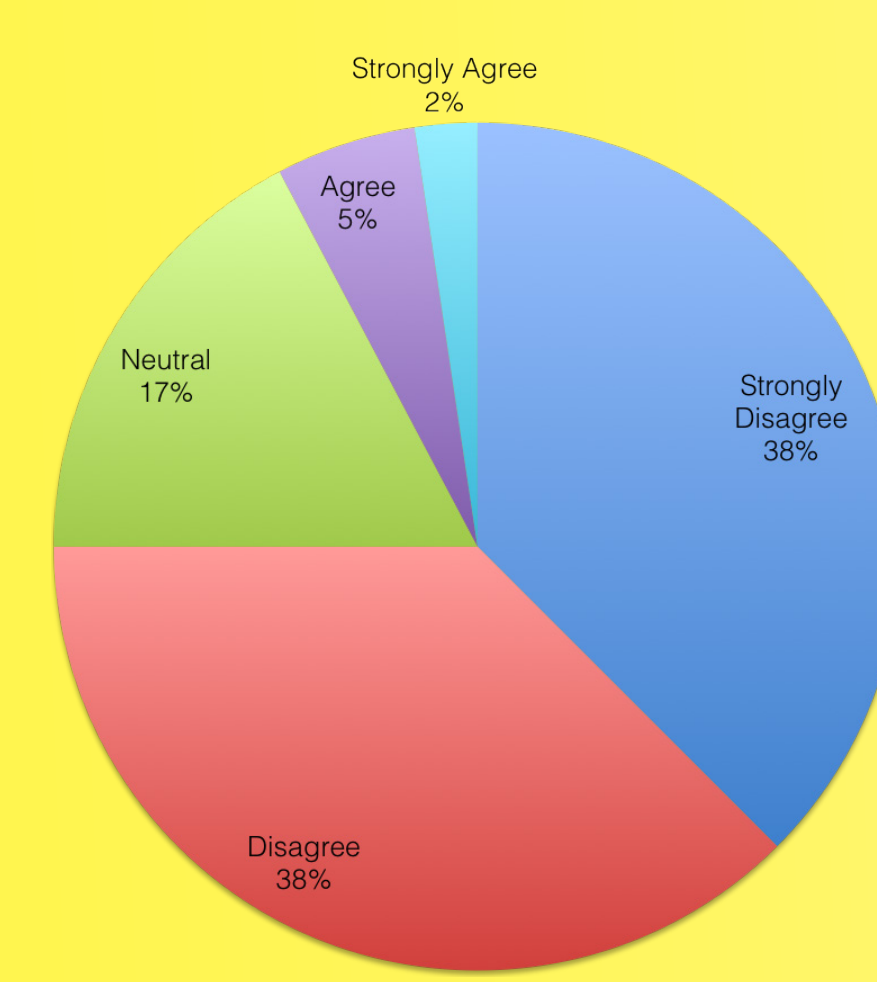
Since purchasing a meal plan ...



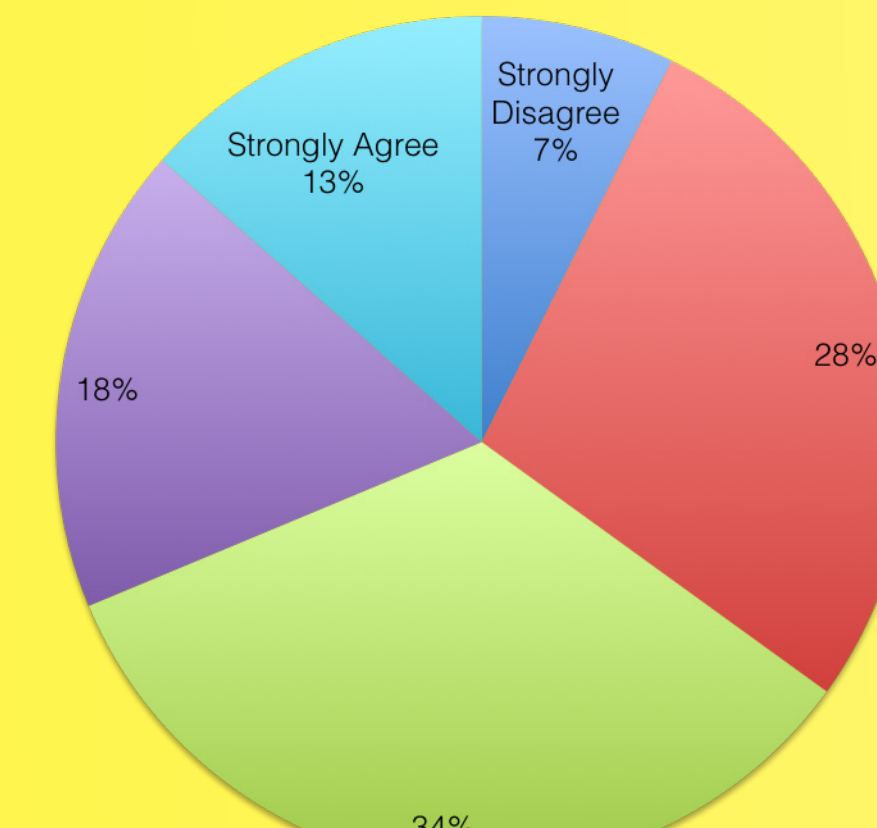
... my diet has changed.



... I experience less stress obtaining food.

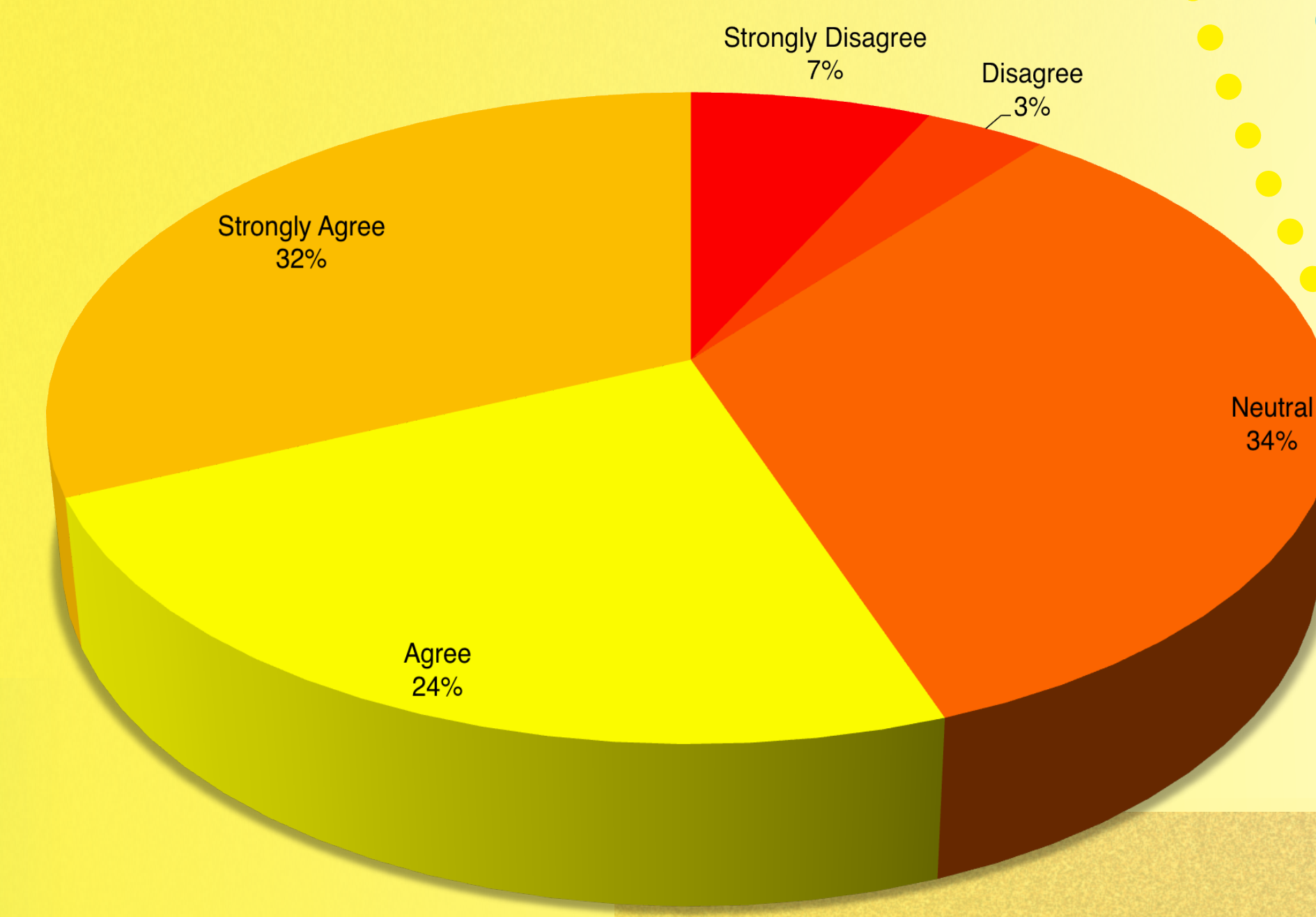


... my diet has improved.



... I experience more stress obtaining food.

"I would like my meal plan to include more local food."



## The Local Food Commitment

We, the undersigned representatives of the University of Alaska Fairbanks, are committed to improving the health of our state's food system and thereby food security issues specific to Alaska; to prevent adverse health, social, economic and ecological outcomes. We believe colleges and universities must exercise leadership in our communities and throughout society by modeling ways to support ecologically sustainable, humane and socially equitable food systems.

We further recognize that investing in the use of local/regional foods benefits not only the daily lives of current students and local food producers, but the recruitment and retention of new students; fosters university-community relations by supporting the livelihoods of family farmers and food chain workers; and places our institution in alignment with leading colleges and universities across the country.

Accordingly, we commit our institution to taking the following steps in pursuit of local on campus:

1. Commit to annually increasing procurement of foods comprised of locally-based ingredients, so as to meet or exceed 20% of University of Alaska Fairbanks Dining Services food purchases by the year 2020.
2. Commit to establishing a transparent reporting system, to assess food procurement and commit to providing the relevant information which will allow students to compiling these assessment results in an annual progress report.
3. Commit to forming a food systems working group (comprised of students, staff, faculty, food service managers, food service workers and relevant local stakeholders) responsible for developing and coordinating the implementation of an official local food policy and multi-year action plan.
4. Commit to making the real food policy, multi-year action plan and annual progress reports publicly available.
5. Commit to increasing awareness about ecologically sustainable, humane and socially equitable food systems on campus through co-curricular activities, cafeteria-based education and other appropriate means.

Upon signing the Commitment, we further commit to the following tasks:

1. Within 1 months, adopt the local food policy and begin executing a multi-year action plan with annual benchmarks.
2. Within 6 months, initiate a student-led assessment of campus food procurement using proof of purchases provided by UAF Dining Services.
5. Within 12 months, produce one substantive communications piece covering the ongoing local food commitment efforts.

Signed,

President / Chancellor Signature

President / Chancellor Signature Secondary Signatory Signature

### ABSTRACT

This poster reflects on my experiences working the Real Food Challenge (RFC), a national campaign attempting to make food systems more sustainable on college campuses throughout the United States. RFC's proscriptions and prescription embodied in their national plan does not consider the unique challengers and opportunities present on the University of Alaska Fairbanks' (UAF) main campus. Attending meetings with UAF Dining Services and local farmers prompted the Local Food Commitment; written to address Alaska's food security issue and encourage transparency between Dining Services and the campus community. In order to assess UAF's current food system I worked with colleagues to design and distribute a survey instrument to all students required to purchase a meal plan. This poster discusses the results of the survey, which, in total, provides a better understanding of how UAF students, consume, perceive, and attribute meaning to foods. These results will be provided to the UAF administration to encourage UAF to sign the Local Food Commitment. If approved it would guarantee 20% of UAF food purchases would be local (from Alaska) by the year 2020, including annual benchmarks when students and UAF Dining Services would evaluate their yearly progress together, creating a more transparent food system.

After working with the Real Food Challenge (RFC) for two semesters and attending their national summit, Breaking Ground 2012, as well as meeting with UAF Dining Services and local farmers it became apparent the RFC model did not fit Alaska, specifically Alaska's food security issue. This lead us to write the Local Food Commitment.



The Real Food Challenge is a national campaign, attempting to increase the procurement of "real food" (which includes local, fair trade, ecologically sound, and humane foods) on American college and university campuses. By promoting petitions for 20% "real food" by the year 2020, this organization hopes to transform the American food system, by encouraging and assisting college students who petition on their own campuses for the RFC cause.

## And the issue of 'fit'

Alaska is special. The same model that works for states in the "lower forty-eight" is not equipped to address the unique challenges Alaska's food system faces. Due to the geographic location and extreme weather conditions, we pay high shipping costs for our food. Thus the RFC calculator (which is based on dollar amounts and determines the percentage of "real food" purchased) simply would not work. In fact it would encourage the purchasing of foods from out of state, while providing students with less "real food." Further, while this model is an effective way to promote such foods in most states, achieving 20% organic or humane foods on UAF's campus would do nothing to address Alaska's food security issues. Thus, we modified the RFC petition from 20% "real food" by 2020, to simply 20% local (from within Alaska) food by 2020.

Azara Mohammadi

Thanks to:  
Danielle Flaherty  
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Eric Henderson  
Penny Shackley  
Matthew Ryan Harris  
Madeline Arima  
Angi Cocuzza  
Brian "The Berry Man" Green

Home Grown

Local Food Please!

UAF Food Purchases = 20% by 2020

Sign the Petition HERE